

Dorothy Dix Talks

HOUSEWORK FOR EXERCISE

By DOROTHY DIX
The World's Highest Paid Woman
Writer

It is announced that the students of one of our famous women's colleges have closed the gymnasium and are combining profit and physical culture by doing the housework.

Fine. It has always been an amazing paradox that women divided their time and their money between hiring somebody to do their housework for them and somebody else to give them expensive courses of exercise. Nothing more conclusively proves that women have no funny bone than to meet a fat and puffy lady who tells you in one breath that she is taking a hundred dollar course in reduction exercises, and in the next breath bemoans that she has to pay forty dollars a month and board to a maid to make her beds and sweep her floors.

It doesn't even occur to such women that they have the antidote for both evils right in their own hands. For every house is as complete a gymnasium in itself, so far as offering a field for every variety of exercise is concerned, as the most scientific body builder could rig up, and every woman by being her own chambermaid could not only solve the vexed servant question but that other heartbreaking problem with which almost every middle aged woman wrestles in vain—how to lose fat and keep a lithe and willowy figure. And it would mean health to her, and money in her pocket, to boot.

Perhaps one of the unforeseen blessings of the present conflict in Europe is that it is going to lessen the conflict in the American kitchens and, doing their own housework, which women are inaugurating as a war measure, they will keep up after the war for the peace of mind, the strength and good looks they have got out of it.

Many a rich woman envies her maid the lithe figure, her small waist, her firm, exquisitely modeled arms, her flat back and full round throat, and it is strange that she has not realized that she, too, could attain these attractions in the same school of physical development. Maybe if women can be brought to look upon housework not as drudgery but in the light of a beauty parlor, they will not consider themselves such domestic martyrs if they have to substitute for the hired girl.

Perhaps the day is not far distant when the Beauty Column in the daily prints instead of recommending to the feminine seeker after pulchritude expensive unguents and massage, and banting, and floor rolling, and so on, will run somewhat after this fashion:

TO DEVELOP THE ARMS. The best way to develop the muscles of the arm and to render the contour smooth and beautiful is by sweeping. The rhythmic sweep of the broom as it is applied over the floor not only promotes the growth of the biceps but hardens the flesh in the most symmetrical manner so that there are no bulging muscles in special places to spoil the contour. The movement used in sweeping also gives to the arm a peculiar grace and flexibility. Indeed, as the exercise of sweeping, with its bending and swaying, brings every nerve and muscle into play it induces a certain harmony of movement in the whole body. This makes the broom far superior to the dumb bells and trapeze that were formerly used in developing the arm muscles.

TO ACQUIRE A BEAUTIFUL BACK AND CHEST. The best way to remove all superfluous adipose tissue, which is so disfiguring across the base of the neck in the back, and to develop plump, smooth chest is by making beds. The upward and outward reach of the muscles used in turning over the mattress and spreading out the covers and beating up the pillows act almost if by magic, especially if this exercise is kept up every day at a certain hour and is performed before an open window. The deep breathing required in taking this exercise also develops the throat and gives it the graceful, swan-like flexibility that is so much admired.

TO REDUCE THE HIP. Nothing is efficacious for reducing the size of the hips as to scrub daily the bathroom floor with a good brush and scrub so vigorously that it induces a free perspiration which is extremely beneficial to the complexion. This tending exercise, if persisted in long enough, is warranted to take from four to six inches off of any woman's hips. The continual flexing of the knees will also remove that stiffness incident to middle age and impart lightness and grace of movement.

The exercise technically known as keeping the bathroom clean is far more efficacious than the obsolete rolling process, once in vogue, for reducing the hips. The effect is also splendid on the bathroom.

Another efficacious way of reducing is by waxing the floor. This exercise if taken once a week in connection with daily scrubbing the bathtub is guaranteed to give a woman a figure that will fill her friends with envy and cause them to wonder what brand of Anti Fat dope she is taking.

TO ACQUIRE A SLENDER AND WILLOWY FIGURE. To acquire a figure that is slender without being bony, that has something about it of the lithe grace of a tiger, steel springs under velvet, nothing can compare with laundry work. The bending over the tub removes every particle of fat from the waistline. The rubbing of the clothes on the washboard that brings into play every muscle of back and forearm, the lifting of the arms above the head as the clothes are pinned on the line, seem

to combine every ideal play of muscle in the human body and raises it to its highest perfection.

This form of exercise cannot be too highly recommended to women who are approaching middle age and whose dressmakers are beginning to let out their belt measure and ask them if they aren't getting a little stout. As this exercise is best carried out while bending over a tub of hot soapy water, it is exceedingly beneficial to the complexion and the hair.

TO WHITEN AND SOFTEN THE HANDS. Nothing is better to soften and whiten the hands than to wash dishes. The warm greasy water in which the hands are submerged from fifteen to twenty minutes at a time bleaches the skin and makes the hands soft and squeezable. This remedy should be applied three times a day immediately after meals.

TO ACQUIRE COLOR IN THE FACE. Cooking is the best known remedy for acquiring roses in one's cheeks. To get a soft becoming color in the face, prepare a good dinner on the gas range. Nearly all men loathe rouge, but none ever fails to admire the becoming flush on a woman's cheeks that she obtains by cooking.

N. B. In taking these exercises in the home women should bear in mind the fact that if they expect to obtain the best results from them they should put enthusiasm and good cheer into their work. If they will do this, they will find that housework will make them beautiful and happy and healthy. It is the ideal exercise for women. Try it.

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Dorothy Dix articles appear regularly in this paper every Monday, Wednesday and Friday.

'SEND SOCKS—MORE SOCKS' COMES WORD TO PATRIOTIC KNITTERS HERE

Value of Local Work Vindicated By Stories of Needs "Over There"

Honolulu women in charge of the Red Cross knitting and supply work have received direct endorsement of their efforts and requests that by all means the knitting be continued, and particularly that as many socks be turned out as possible.

As the local work proceeds, criticism for the most part unthinking—about "waste of effort" is being silenced. A splendid system has been evolved here by which all work before being sent out is inspected by competent authorities, and such work as is below grade is done over again.

The headquarters at Miller and Beretania streets, is busy all day long and run in businesslike fashion. On Monday 240 pounds of wool was sold and yesterday 50 pounds, and within a short time all this will be transformed into useful garments. The wool is on sale every morning at headquarters.

The headquarters also furnishes women who will give lessons in sock-making and the committee of women inspecting the finished work is always ready with advice or assistance. It is emphasized that in order to avoid waste of effort, the knitter should either be sure of her ability and experience or else take lessons from a recognized expert.

At headquarters all information is cheerfully given and a visit there will be instructive.

A recent article in Vogue has been received here with much interest since it draws attention to the necessity for knitting socks and gives

specific information on the most pressing needs. In part this article says:

"At this moment, when all America is deep in consideration of what may be sent to cheer and comfort its men at the front, there is a decided interest in the first-hand information brought back by men who have lived in the trenches as to the articles which have proved most acceptable and most useful.

"The returned officers of the Canadian army, connected now with the British recruiting mission at its Chicago depot, have brought much of this helpful information. Hand knit woolen socks and cigars, according to these men, are the two articles universally desired by the soldiers in the trenches. After the socks and cigarettes, candy comes next in popularity.

"There is no such thing as comfort in the trenches, these officers tell the women who are seeking reliable information in regard to what they shall send to the boys at the front. There is no possibility of real comfort, but every little concrete kindness from home helps to minimize the discomfort. What form these kindnesses may best take, may be gathered from the following suggestions made by men who have served in the trenches overseas, until a machine gun, a shell, a rush of bayonets, or poison gas has invalidated them home.

"Send them socks," says Lieutenant Colonel F. C. Jamieson, commanding the Chicago depot of the recruiting mission. "Plain socks, not ribbed. Just plain, hand-knit woolen socks, woolen gloves and mittens, mufflers (long enough not only to go around their throats but to wrap around their

Macauley's Cartoon For Today



IMPOSSIBLE!

DRAWN BY C. R. MACAULEY.

BIG THANKSGIVING PROGRAM FOR STAR-BULLETIN'S BUSY NEWSBOYS

Tomorrow is the big day of the year for the scores of newsboys who make up the Star-Bulletin's happy family of news venders, the industrious little merchants of the street who throughout the year, in good weather and bad, sell Star-Bulletins each afternoon.

Every year Thanksgiving is celebrated by the Star-Bulletin newsboys and every year the occasion is bigger than that of the previous year. This year Circulation Manager W. B. Taylor has arranged a program that will keep 200 boys busy from 8 o'clock in the morning until 5 or 6 at night.

At 7:45 the boys will gather at the Star-Bulletin office and at 8 will leave on special street cars for a tour of all the Rapid Transit lines in the city. This tour is always the occasion for a perfect bedlam of noise, each of the youngsters trying to outdo all the others in volume of voice.

At 11 o'clock the boys will arrive at the public baths, Kapiolani park, where they will have plenty of fun for an hour and a half. Bathing, baseball and other games are on the program. At Kapiolani park then there will be a big turkey dinner, one of the regular old-fashioned kind, with enough dressing to give 200 different varieties of stomach-aches. The Quality Inn is getting up this dinner, which is guaranteed to be the best ever.

After the boys have eaten all they can hold, with a second helping after that, they will leave the park at 2:45 on special cars for the Empire theater, where they will have a special show during the afternoon, with many fine movies to be seen. The boys will have possession of the theater on this afternoon, and from past experiences it is safe to say that they will find this the culminating part of their big Thanksgiving.

LOCAL BANANA AS EMERGENCY CROP URGED BY U. S.

An interesting 16-page illustrated pamphlet entitled, "The Banana As An Emergency Crop," has just been issued by the United States Experimental station, and is ready for distribution to interested persons. The pamphlet deals with all phases of the fruit, and especially the local angle, and contains a fund of valuable information for those who would like to raise the fruit themselves. Several thousand copies of the pamphlet have been printed.

The contents are numerous, and among the more important subjects are the yield of the banana. This fruit yields more than any other world staple crop. A section is devoted to the use of banana flour, which can be made for 10 cents a pound. While expensive, the uses to which the flour is put makes it very economical. For instance, 35 per cent banana flour and the remainder wheat flour will make an excellent mixture for cakes and bread, thereby saving 35 per cent wheat flour.

Directions are also given in the pamphlet for cultivating bananas in back yards, and persons who are desirous of raising the fruit are invited to send for the pamphlet.

COMPOSER SENDS TRIBUTE TO QUEEN

Fred J. Halton, secretary of the Hawaii Promotion Committee, has received from Raine Bennett, who is writing the libretto for a grand opera entitled "Kamehameha I," the following beautiful tribute to the memory of the queen:

LILIUOKALANI
"The Queen is dead!" Say not "Long live the Queen,"
For there will reign none other in her place.
O Liliiokalani! Rest in peace!
The conch-shell of thy Royalty hath been
Forever silenced. Crownless, thou hast seen
The slow continued passing of a race
Once great with Kings, and vast in populace.
"Aloha Nui Oe!" Hawaii's Queen!

"Aloha!" sigh, ye winds of Tantalus! Breathe gently on the memoried lagoon
Where oft she wandered, happily and far
In days gone by. The night doth mantle us
With dew, that are like tears before the moon—
But o'er wild palms shineth a newer star!

—Raine Bennett.

PRIZE CUP CONTEST ON ROOF

Wednesday, Nov. 28. The winner of this contest will receive a beautiful silver loving cup donated by the Regal Shoe Store.—Adv.

A cause for Thanksgiving---

—that, despite the scarcity of sugar, every effort will be continued to supply you with your favorite

Lehnhardt's

Candies

Notwithstanding that the Government has cut down the sugar supply of all candy-makers, the quality of these delightful confections will be maintained at the highest standard.

FOR SALE BY

J. M. Levy & Co., King St.
Chambers Drug Store

H. May & Co., Ltd., Fort St.
Hollister Drug Store

bodies, too). Some of the men like toques for sleeping caps, the sort we have in Canada. After that, send them eats and smokes, and send them plenty of candy."

What the Soldier Really Wants

"Socks are the whole thing," says Major Ward Wright. "No man ever has enough hand-knit woolen socks. And make them big enough. Make them all for number eleven or bigger. They shrink. The casualties among socks are very heavy. Maple sugar is something the men enjoy, and the chewing gum we had on the march from Belgium to the Somme kept the men going. A box of candy, especially chocolates, is always acceptable. And I used to have the current magazines sent to me from London. It was a help to know there were such things left in the world as we read about in those magazines. Send them wristlets, made with a thumb so they won't slip up and down. But, especially, send them socks—big socks. Every man that goes overseas should have also a rubber air pillow, the lightest possible. A man can blow that up and get a little rest when he otherwise would get none at all. But don't send any mechanical devices planned by men who have never had to live with them or carry them on their backs—no trench hooks or things like that. We have to travel light. Two or three candles are the best cooking devices for the trenches. You stick your bayonet in the side of a dug-out, hang your canteen on the bayonet over your candle stuck in a piece of tin, and cook your porridge by its flame. And every man who goes over should have a small flashlight with a couple of batteries well charged. I read somewhere the other day about lighting trenches with electricity, but we never planned for permanent trenches. We kept moving them forward, and they are necessarily dark."

"Lieut. T. L. O. Williams has come home, glad that he went, but with both legs gone, a charge of shrapnel in one arm, and the jagged scar of a bayonet, must clear through his right forearm. He enlisted as a private and was nine months in the trenches. 'Socks, cigarettes and candles,' are to his mind the three most important things to send the boys in the trenches.

"Send them hand-knit socks. They never have enough. Send them cigarettes, and send them candles. No candles are furnished, and they provide more luxury than people at home would imagine possible. The men break them into pieces about two inches long and wrap them in pieces of sand-bags. Then they get a round piece of tin, perforate it, stick the candles in the holes, and heat their tea. It is surprising how much heat those little pieces of candles will give. They send a warm glow through the trench, and one of those little scraps of candle will boil up a pint of water."

HATS FOR FALL GIVE NEW VOGUE

Dainty millinery creations, many imported direct from the shops of famous Fifth Avenue modistes and other original conceptions, in a display of rare charm are on exhibit at the shop of Miss Power, second floor, Boston building, Fort street. Your inspection is invited. Prices are reasonable.—Adv.

Where will Prosperity look for you? Have you sent word? Are you on the "good places to deal" map in the minds of the people? If not, let us put you there.

Has a very Creamy Lather as a result of scientific Soap-making. Does not waste.

IMPERIAL PEROXIDE SOAP

A PURE WHITE TOILET AND BATH SOAP

Each cake is wrapped to insure delivery to you in a sanitary condition and to retain its original delicate perfume.

Made in the cleanest most sanitary factory in the world.

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DRUG STORES

Imperial Peroxide is an antiseptic soap, made for Nursery, Toilet and general purposes.

Has a most pleasing effect on delicate skin, besides making it healthy and clean.